



WINTER/SPRING 2013

Specialty Group Fitness

Winter Session (W) : January 7 - February 16
Spring 1 Session (S1) : February 25 - April 6
Spring 2 Session (S2) : April 15 - May 25

Cost (per class, per session)*:
Members \$60.00
Non-Members \$72.00

*EXPLANATION OF COST

Cost includes one day/time option. Each day/time option meets 6 times per session. Example: if you register for TRX on Tuesdays at 9:00 am in the Spring 2 session, you will come to class Tuesdays at 9:00 am from April 16 - May 21 (6 times) and your total cost will be \$60 (members) or \$72 (non-members).

TRX Suspension Training

TRX is a type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability, all while preventing injury. Everything you do with TRX challenges your core. By using your own body weight and gravity you are able to adjust to your own personal fitness level just by walking yourself closer or further away from the anchoring point.

| Day | Time | Instructor | Available in These Sessions |
|-------|---------|------------|-----------------------------|
| Mon | 9:00 am | Monica | W |
| Tues | 9:00 am | Beth C. | W/S1/S2 |
| Wed | 6:30 pm | Monica | W/S1/S2 |
| Thurs | 9:30 am | Beth C. | W/S1/S2 |
| Sat | 9:00 am | Monica | W |

Aqua Bootcamp

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

| Day | Time | Instructor | Available in These Sessions |
|------|---------|------------|-----------------------------|
| Tues | 9:00 am | Monica | W/S1/S2 |

Flow Yoga in the Water

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS, and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, in the water.

| Day | Time | Instructor | Available in These Sessions |
|-------|---------|------------|-----------------------------|
| Thurs | 9:00 am | Monica | W/S1/S2 |

Outdoor Fit Pit/TRX Circuit

Take your training to the next level by combining TRX core training with training stations and cardio exercises in an outdoor environment. This is the opportunity you have been waiting for! Check out the WARF's new "Fitness Pit" and experience all the advantages of interval training in an exciting, fun, new environment!

| Day | Time | Instructor | Available in These Sessions |
|-------|----------|------------|-----------------------------|
| Mon | 9:00 am | Monica | S1/S2 |
| Tues | 5:15 pm | Monica | S1/S2 |
| Thurs | 5:15 pm | Monica | S1/S2 |
| Thurs | 10:30 am | Beth C. | S1/S2 |
| Sat | 9:00 am | Monica | S1/S2 |

